



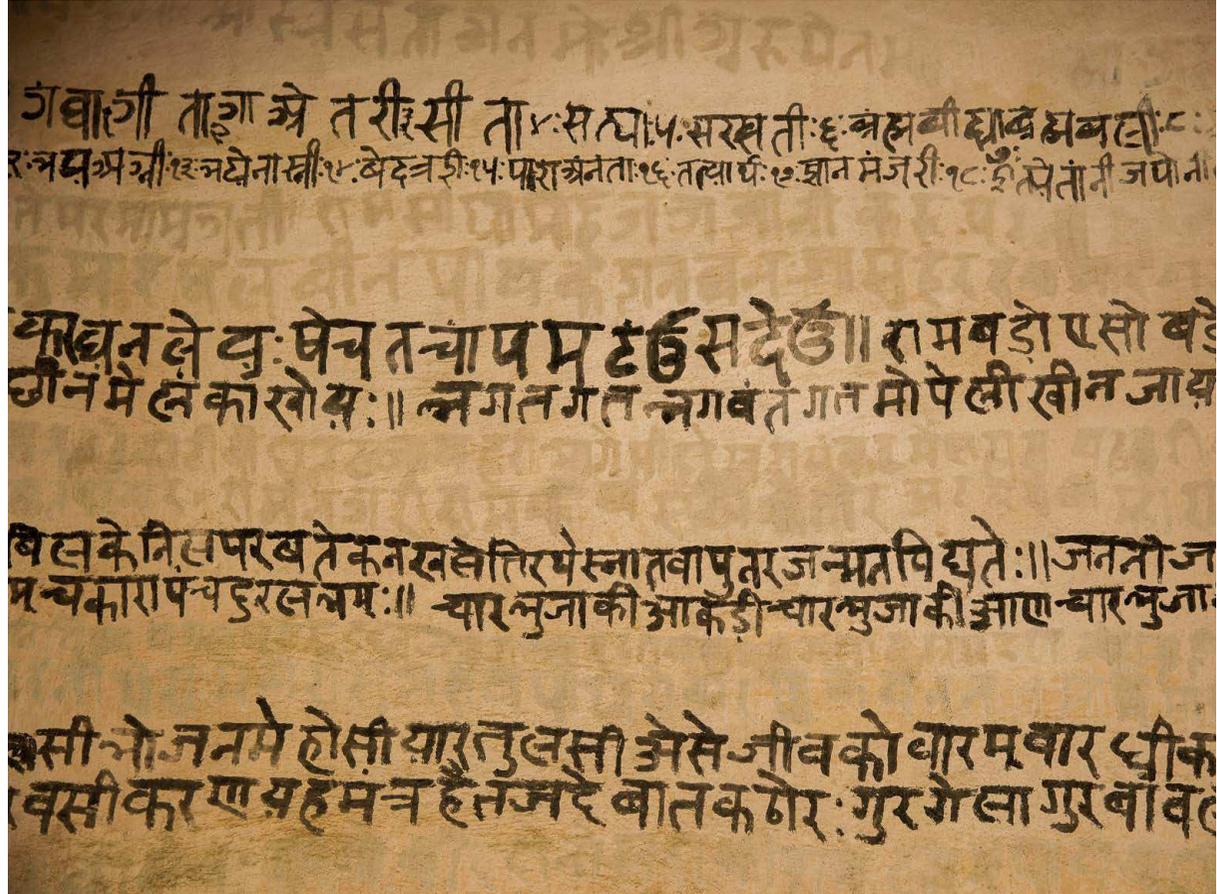
RAAS DEVIGARH  
YOGA AND MEDITATION

ilā  
only

## ILA YOGA AND MEDITATION

**“Yoga is the journey of the Self,  
through the Self, to the Self.”**

The Bhagavad Gita



At **ila only** we believe yoga is about exploring and discerning the subtle energies of life. Through engaging in this active therapy you can develop a greater sense of calm and flow, get to know yourself better, soothe both body and spirit, strengthen your precious nervous system and bathe your inner Self with sunshine from within. Our yoga classes are totally bespoke to us, which means you won't have experienced anything like them before. Like our treatments they are a little unusual. Whilst drawing on origins in ancient India, they are carefully designed to bring you back to the here and now, to yourself, and to the quiet voice within. Only when we can hear ourselves, can we truly know which path to follow.

**ila only's** yoga classes can be enjoyed by everybody. Don't think they are only for the fit, thin, ardently spiritual or experienced. Discuss any worries with our teachers, all of whom have your best interests at heart.

*Yoga classes can be taken as stand-alone individual sessions, as part of one of our spa packages, or in conjunction with one of our treatments to reap optimum benefits.*



### Prices

60 mins:  
Individual INR 1,500  
For two INR 2,000

90 mins:  
Individual INR 2,250  
For two INR 2,750

All prices inclusive  
of taxes

### Balancing

60/90 minutes

*For when you are feeling:*

Busy and stressed, perhaps to the point that you've forgotten who you really are. Perhaps you feel that you never have any time for yourself, or as if all your energies are constantly being pulled outwards. This class is also particularly good if you want to get more in touch with your emotions, or feel the need to release something from your past or move stuck energies.

*Description:* A gentle, heart-warming series of movements which works at rebalancing your entire chakra system (think of chakras as mini energy wheels). This slow but purposeful practice works at cleansing your organs, gathering your energy field inwards and fortifying your sense of self-awareness and compassion.

*Result:* You will feel aligned, protected and reconnected after this class, with a revived sense of purpose, better able to make decisions and move forwards.

*Highlights:* Marma Kriyas/ Self-Tapping/ **ila** Chakra Oils/ Breath of Peace/ Chanting/ Sound Healing.

*Suggested corresponding treatments:* Blissful Body Renewal, Bio-Rhythms Treatment, Ku Nye Massage.



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60 mins:  
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90 mins:  
Individual INR 2,250  
For two INR 2,750

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### Restoring

60/90 minutes

**For when you are feeling:**

Exhausted or depleted and in need of proper relaxation. An excellent choice for those suffering from jet lag or muscle fatigue, as well as more serious concerns such as chronic fatigue or regular insomnia. This class is also a favourite with worn-out mothers and those who find it hard to make themselves stop. It is a particularly lovely experience taken in the evening.

**Description:** This is a gently flowing, easy-paced session where postures are held (sometimes with the support of the wall) in conjunction with the breath to release tension and promote stillness.

**Result:** You should feel pleasantly dreamy, happy and calm. The deep rest you allow yourself in this class is wonderfully healing.

**Highlights:** Sound Healing/ Yoga Nidra/ Himalayan Salt Eggs/ **ila's** Inner Peace Oil.

*Suggested corresponding treatments: Ananda Face Therapy, Kundalini Back Treatment, Back and Shoulder Massage.*

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90 mins:  
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### Grounding

60/90 minutes

*For when you are feeling:* Frazzled, over-committed and running on adrenalin. Encourage your energies to move out of your head and focus instead on your connection to the earth thus obtaining a greater sense of embodiment.

*Description:* This class focuses on rooting your entire system, with poses designed to draw your energies into your feet. Bold, rhythmic, slow but graceful movements (reminiscent of Thai Chi with real freedom in the joints) are more strengthening than stretching.

*Result:* Finish feeling stable, strong and focused. Restless thoughts dissipate and you will feel harmonised and in touch with every part of your body.

*Highlights:* Palo Santo Smudging/ Sound Healing/ Tuning Forks/ Reflex Points and Self-Massage.

*Suggested corresponding treatments:* Ku Nye, Kundalini Back Massage.

### Prices

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90 mins:  
Individual INR 2,250  
For two INR 2,750

All prices inclusive  
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### Energising

60/90 minutes

*For when you are feeling:* Sluggish and tired and want to connect to a more vibrant and awake energy. Shift yourself into that buzzy, happy holiday vibe.

*Description:* This is our more challenging, quick and fun class, perhaps not suitable for total beginners, but definitely a top call for the curious. Invigorating sequences focus on deep core muscles and an expansive opening of the heart.

*Result:* Leave this session with a feeling of accomplishment, super-charged and glowing, with a strong physical and mental connection in place.

*Highlights:* **ila's** Vital Energy Oil/ Lovely Sun Salutations/ Cranial Holds.

*Suggested corresponding treatments:* Energising and Detoxing Body Renewal, Manipura Full Body Massage, Bio-Rhythms Treatment.



### Prices

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For two INR 2,000

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### Yoga Nidra

60 minutes

This guided meditation is designed to bring peace, joy and healing to the mind with a gentle and focused visualization which leads you into a state of 'yogic sleep', akin to the twilight zone between waking and sleeping. Wonderful for calming busy brains and soothing tired souls.

### Sound Healing

60 minutes

A beautiful crystal bowl healing session. All you need do is lie down and absorb the vibration of Omega 432, which is the resonance of harmony, nature and the universal heart beat. It is the vibration which everything takes life from. When we hear this sound, our cells immediately fall into place we are returned to who we truly are. Deeply restorative and cradling.

### Ram Meditation

60 minutes

A simple and effective chanting session using the 'Ra Ma Da Sa Sa Se So Hung mantra'. Particularly recommended around sunset, with the use of Guggal Dhooop - a local Indian frankincense. Hindus believe that in stressful and tumultuous times chanting Ram's name brings stability, hope peace and prosperity. Rama is the seventh avatar of the Hindu god Vishnu.

### Om Chakra Meditation

60 minutes

A breath focused meditation using the sacred sound of 'Om', one of the most powerful mantras and the original sound of the first echo when the universe was created.

Breathing into each of the chakras, this is a subtly calming as well as energising and balancing for the central nervous system and mind.